

## "I Am Proud..."

If you complete the three sentences below, they will help you find out more about your values. Complete each sentence with a true statement about yourself.

I am proud that \_\_\_\_\_

I am proud that \_\_\_\_\_

I am proud that \_\_\_\_\_

## Coat of Arms

Without concern for artistic results, fill in the six areas of the drawing below to make your own personal "coat of arms."

1. Draw two things you do well.

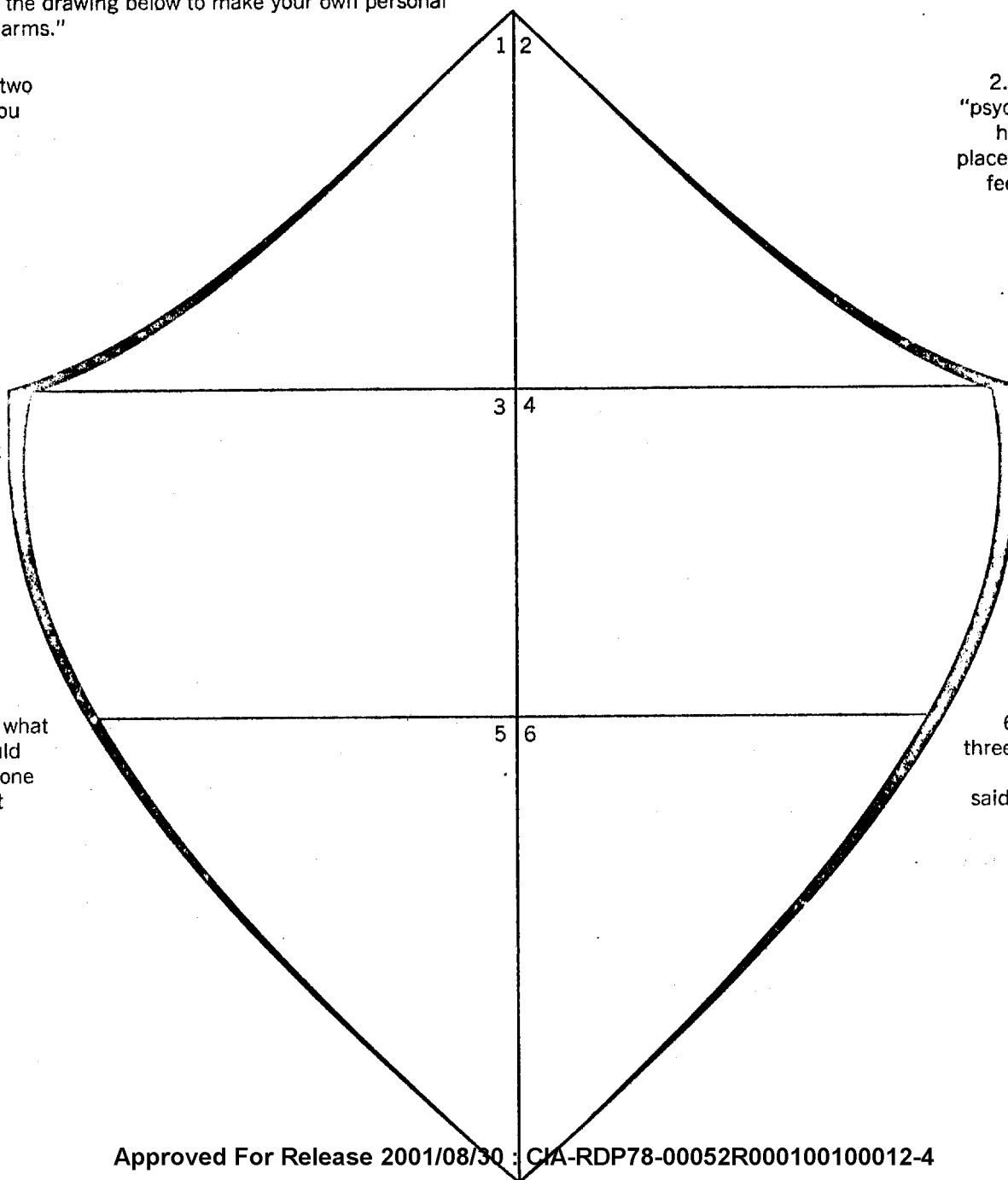
2. Draw your "psychological" home or the place where you feel at home.

3. Draw your greatest success in life.

4. Draw the three people most influential in your life.

5. Draw what you would do with one year left to live.

6. Write the three words you would like said about you.

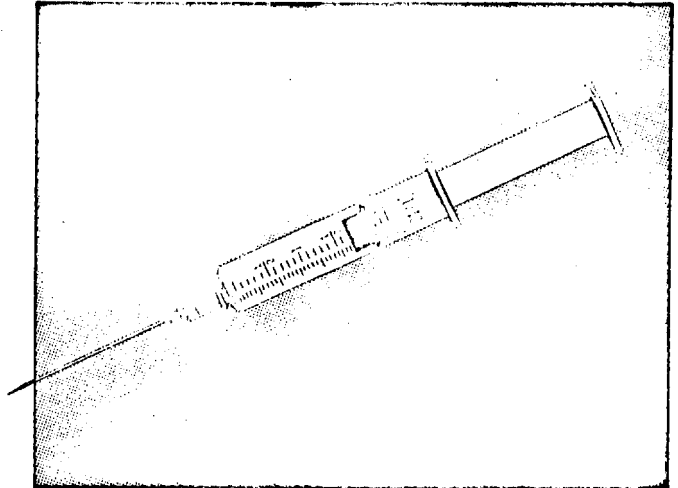


## Acceptable and Unacceptable Alternatives

When is an alternative unacceptable? What is acceptable or unacceptable to a person is usually determined by his values. In the situation below, see if you can identify acceptable and unacceptable alternatives. Why are they either acceptable or unacceptable? (Some examples of alternatives are given. Can you think of others?)

*Situation:* You have a friend who confesses to you that he is hooked on drugs.

*Your values:* Loyalty. (Add your own values.)



### Unacceptable alternatives

1. Turn friend in to police.
2. Tell your friend's parents.
3. \_\_\_\_\_
4. \_\_\_\_\_

### Why are these unacceptable?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

### Acceptable alternatives

1. Get advice from drug counselor on how to help your friend.
2. Get the telephone number of local Drug Help Center.
3. \_\_\_\_\_
4. \_\_\_\_\_

### Why are these different from the unacceptable?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Take a situation that is of real concern to you or your group of friends, and apply a similar analysis to your situation. After you have identified the acceptable alternatives in the situation, list the information that you need to have about these alternatives.

*Situation:* \_\_\_\_\_

*Your values:* \_\_\_\_\_

*Objective:* \_\_\_\_\_

### Unacceptable alternatives

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Why are these unacceptable?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Acceptable alternatives

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Information needed about acceptable alternatives

1. \_\_\_\_\_
2. \_\_\_\_\_

## YOUTH, THE SCHOOLS AND DRUGS

A workshop in drug education for fifth, sixth, seventh, and eighth grade teachers.

9:00 - 10:00 The Societal Implications of Adolescent Drug Usage  
Dr. Gerald DeAngelis, The White House Special Action Office  
For Drug Abuse Prevention

10:00 - 10:45 Basic Pharmacology: The Drugs We Use  
Dr. Victor Cohen, George Washington University

10:45 - 11:30 Treatment Modalities Available to the Adolescent Drug Abuser  
Dr. Byron Fiman

11:30 - 12:00 Community Resources In Alexandria  
Mr. Roger DiGillo, Chairman, Alexandria Drug Abuse Control  
Coordinating Committee

12:00 - 1:00 LUNCH  
Bring a bag lunch and meet the speakers and your colleagues  
(optional)

1:00 - 2:00 Drug Education: State of the Art  
Ms. Diana Clark

2:00 - 3:30 Discussion/Demonstration of Specific Classroom Techniques  
in small group discussion format.

Group I - Dr. Byron Fiman

Group II - Ms. Helena Pratt

Group III - Ms. Diana Clark

Group IV - Ms. Lucia Maxwell

Group V - Mr. Ebie Banks

Group VI - Mr. Tom Gibe

Group VII - Ms. Marcia Kaplin

# DRUGS EDUCATION RESOURCES

Chart Listing Drugs, Medical Uses, Symptoms Produced and their Dependence Potentials  
(Question marks indicate conflict of opinion)

Name	Slang name	Chemical or trade name	Source	Classification	Medical use	How taken	Usual Dose	Duration of effect	Effects sought	Long-term symptoms	Physical dependence potential	Mental dependence potential	Organic damage potential
HEROIN	H., Horse, Scat, Junk, Smack, Scag, Stuff, Harry	Diacetyl-morphine	Semi-Synthetic (from Morphine)	Narcotic	None in U.S.	Injected or Sniffed	Varies	4 hrs.	Euphoria, Prevent withdrawal discomfort	Addiction Constipation Loss of Appetite	Yes	Yes	No
MORPHINE	White stuff, M.	Morphine sulphate	Natural (from Opium)	Narcotic	Pain relief	Swallowed or Injected	15 Milligrams	6 hrs.	Euphoria, Prevent withdrawal discomfort	Addiction Constipation Loss of Appetite	Yes	Yes	No
CODEINE	Schoolboy	Methylmorphine	Natural (from Opium), Semi-Synthetic (from Morphine)	Narcotic	Ease Pain and coughing	Swallowed	30 Milligrams	4 hrs.	Euphoria, Prevent withdrawal discomfort	Addiction Constipation Loss of Appetite	Yes	Yes	No
METHADONE	Dolly	Dolophine Amidone	Synthetic	Narcotic	Pain relief Maintenance Therapy	Swallowed or Injected	10 Milligrams	4-6 hrs.	Prevent withdrawal discomfort	Addiction Constipation Loss of Appetite	Yes	Yes	No
COCAINE	Corrine, Gold Dust, Coke, Bernice, Flake, Star Dust, Snow	Methylester of benzoylecgonine	Natural (from coca, NOT cacao)	Stimulant, Local Anesthesia	Topical	Sniffed, Injected or Swallowed	Varies	Varies, Short	Excitation Talkativeness	Depression Convulsions	No	Yes	Yes?
AMPHETAMINES	Bennies, Dexies, Speed, Meth, Ups, Lid Prop-pers, Hearts, Pep Pills	Benzedrine, Desoxedrine, Desoxyn, Meth-amphetamine, Methedrine	Synthetic	Sympatho-mimetic	Relieve mild depression, con-trol appetite and narcolepsy	Swallowed or Injected	2.5-5 Milligrams	4 hrs.	Alertness Activeness	Loss of Appetite Delusions Hallucinations Toxic psychosis	No?	Yes	Yes?
BARBITURATES	Goofballs, Blue Devils, Candy, Yellow Jackets, Phennies, Reds, Peanuts, Downs, Blue Heavens	Phenobarbital Nembutal, Seconal, Amytal	Synthetic	Sedative-hypnotic	Sedation, Relieve high blood pressure, epilepsy, hyper-thyroidism	Swallowed or Injected	50-100 Milligrams	4 hrs.	Anxiety reduction, Euphoria	Addiction w/ severe with-drawal symp-toms, Possible convulsions, toxic psychosis	Yes	Yes	Yes
ALCOHOL	Booze, Juice, etc.	Ethanol ethyl alcohol	Natural (from grapes, grains, etc. via fermentation)	Sedative hypnotic	Solvent, Antiseptic	Swallowed	Varies	1-4 hrs.	Sense alteration Anxiety reduction, Sociability	Cirrhosis Toxic psychosis Neurologic dam-age, Addiction	Yes	Yes	Yes
LSD	Acid, Sugar, Big D, Cubes, Trips	d-lysergic acid diethylamide	Semi-Synthetic (from ergot alkaloids)	Hallucinogen	Experimental study of mental function	Swallowed	100-500 Micrograms	10 hrs.	Insightful ex-periences, ex-hilaration, Distor-tion of senses	May intensify existing psy-chosis, panic reactions	No	No?	No?
DMT	AMT, Businessman's High	Dimethyl-triptamine	Synthetic	Hallucinogen	None	Smoked or Injected	1-3 Milligram	Less than 1 hr.	Insightful ex-periences, ex-hilaration, Distor-tion of senses	?	No	No?	No?
MESCALINE	Mesc.	3,4,5-trimeth-oxypheethyl-amine	Natural (from Peyote cactus)	Hallucinogen	None	Swallowed	350 Micrograms	12 hrs.	Insightful ex-periences, ex-hilaration, Distor-tion of senses	?	No	No?	No?
PSILOCYBIN	Angel Dust	3 (2-dimethyl-amino) ethylin-dol-4-ol-dihydro-gen phosphate	Natural (from Psilocybe Mushroom)	Hallucinogen	None	Swallowed	25 Milligrams	6-8 hrs.	Insightful ex-periences, ex-hilaration, Distor-tion of senses	?	No	No?	No?
MARIJUANA AND HASHISH	Pot, Grass, Tea, Gage, Reefers, Hash	Cannabis sativa	Natural	Relaxant, Euphoriant, In high doses Hallucinogen	None in U.S.	Smoked, Swallowed, or Sniffed	1-2 Cigarettes	4 hrs.	Relaxation, in-creased eupho-ria, Perceptions, Sociability	Usually None	No	Yes?	No
TOBACCO	Fag, Coffin nail, etc.	Nicotinia tabacum	Natural	Stimulant-sedative	Sedative, Emetic (nicotine)	Smoked, Sniffed, Chewed	Varies	Varies	Calmness Sociability	Emphysema, Lung cancer, mouth & throat cancer, cardio-vascular dam-age, loss of appetite	Yes?	Yes	Yes